

# NEWSLETTER



## RELIEVE LOW BACK, HIP, & KNEE ARTHRITIS PAIN WITH PHYSICAL THERAPY

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• Arthritis and Physical Therapy • Healthy Recipe

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## NO PRESCRIPTION NEEDED!

*Direct access is a law that allows patients to go directly to a physical therapist without the need for a doctor's referral or prescription.*

## RELIEVING LOW BACK, HIP, & KNEE ARTHRITIS PAIN

If you're constantly facing lower back, hip or knee pain—you might be feeling arthritis. According to the Centers for Disease Control, roughly 54.4 million U.S. adults are diagnosed with some form of arthritis per year. As we age, the cartilage in our joints wears down, causing painful bone on bone rubbing, inflammation, stiffness, and pain.

While there is no cure for replacing cartilage yet, it is possible to alleviate the symptoms of arthritis, by improving your joint movement, muscle strength, balance, and coordination. It's even possible to eliminate symptoms entirely, depending on the amount of arthritis you have. If you have regular aches and pains, keep reading. We have a solution.

### What Is Arthritis, Exactly?

Before knowing how to relieve arthritic pain, you'll need to understand it. Arthritis—or the painful stiffness, or inflammation, of joints—isn't a single disease. The term "arthritis" is an informal explanation of joint pain and disease in general. Over 100 types of arthritis exist, according to the Arthritis Foundation. People of all ages, races, and sex can get it. It's also the leading cause of ongoing disability in America. The most prevalent form of

arthritis is osteoarthritis, which is caused by either injury or normal wear and tear.

### What Causes Lower Back, Hip, and Knee Arthritis?

Because arthritis is a catch-all term, pinpointing what causes arthritis may be difficult. In most cases, arthritis is caused by overuse, wear, and tear, or injuries.

Arthritis can also be caused by:

- Infections, such as Lyme disease
- An immune system dysfunction - rheumatoid arthritis
- The inheritance of osteoarthritis
- An abnormal metabolism, which leads to gout

For arthritis sufferers, even simply walking can cause pain in the lower back, hip, or knee. Often, arthritis is a downward spiral of progress pain, limiting movement and strength, which in turn causes more inactivity and pain. However, by improving joint movement, muscle strength, balance, and coordination, this cycle can be broken, reducing pain and inflammation.

Discover how our team of specialists at Arvada Physical Therapy can get you moving pain-free again!

# ARTHRITIS & PHYSICAL THERAPY

Regardless of the cause of arthritis, Physical Therapy plays a major role in the treatment of arthritis symptoms and should be tried first, before more aggressive procedures such as surgery. While maintaining a healthy weight, exercise, and good diet helps, surgical intervention may eventually be needed. However, physical therapy has been shown to be an excellent way to prepare and recover after a total knee or hip replacement.

It is very common for the muscles that support the knee, hip, and low back to become weakened from inactivity. Through targeted easy to do exercises, we help your muscles regain their strength, providing greater support to the joints, and reducing inflammation.

Furthermore, by improving balance and coordination, especially to the knee and hip joints, the abnormal strain

on the joints is relieved, and safety is improved to reduce the risk of further injury.

If you or a loved one suffers from arthritis, you have options. The first step is to contact one of our therapists today and ask about ongoing physical therapy treatment to restore mobility, comfort, and quality of life. See how we can help your joints feel better and move better! Go online or call us to schedule an appointment today.

Source: <https://www.arthritis.org/about-arthritis/understanding-arthritis/what-is-arthritis.php>

<https://www.arthritis.org/about-arthritis/where-it-hurts/back-pain/causes/back-arthritis.php>

<https://www.arthritis-health.com/blog/7-core-exercises-relieve-back-and-hip-arthritis-pain>

<https://www.arthritis-health.com/blog/4-types-arthritis-cause-sacroiliac-joint-pain>

## HEALTHY RECIPE: LEMON GARLIC CHICKEN SOUP

### Ingredients

- 2 tbsp olive oil
- 1 lb chicken breast
- 1 medium onion, diced
- 3 large carrots, diced
- 2 celery stalks diced
- 3 cloves of garlic, diced
- 1 medium lemon (zest & juice)
- 1 handful fresh ginger
- 2 qt chicken broth
- 1 can coconut milk (optional)

### Directions

Heat olive oil over medium-high heat. Add chicken breast and brown. Then, add onion, garlic, carrots, celery, salt and pepper. Cook for about 5 min, until softened. Add 2 quarts of chicken broth and ginger with the skin on. Bring to a boil, then reduce heat and simmer for 35-45 minutes (the longer you boil ginger the stronger it is). Remove ginger and discard. Remove chicken, then shred and set aside. Add lemon zest and squeeze lemon to taste. Continue to simmer for 15 minutes. Add shredded chicken and (optional) 1 can of coconut milk.



**Text (720) 358-5385 to Schedule Your Appointment Today!**

## PATIENT SUCCESS STORY

"I went to numerous physical therapists, chiropractors and even tried acupuncture. I had horrible pain between my shoulders and a new doctor referred me to David. After seeing David for a short period of time I started to see improvements. He is very knowledgeable, professional, attentive and he truly cares about his patients and there health. I recommend him to anyone I talk to that has any type of issues. He truly is the best!" -J.W.

**Call (720) 222-9669 or visit [ptprofs.com](http://ptprofs.com) to schedule your appointment today!**

## 2021 MEANS NEW YEAR, NEW YOU

**REACH YOUR FULL POTENTIAL  
THIS YEAR. LET ARVADA PHYSICAL  
THERAPY HELP YOU REACH YOUR  
GOALS THIS YEAR!**



With a new year comes a fresh start to an all-new you! Starting at the beginning of 2021, your insurance benefits have renewed. This means a whole new year to make the most of your benefits. The earlier you start your physical therapy and plan to meet your insurance deductible for the year, or end up with unused money in your HSA account, your insurance plan may cover the cost completely.

Our highly experienced team of physical therapists offer specialized treatment services for any pain, injury, or discomfort you may be feeling.

Let Arvada Physical Therapy help you on your journey to becoming strong, healthy, and active in 2021. Call (720) 222-9669 or visit [www.ptprofs.com](http://www.ptprofs.com) to schedule your appointment today!

## SUPPLEMENT ESSENTIALS



Did you know that there is a natural anti-inflammatory supplement that can help decrease not only inflammation caused by Osteoarthritis (also known as Degenerative Joint Disease), but also reduce pain and swelling? Research shows that the combination of turmeric and Boswellia reduces inflammation via multiple mechanisms (as compared with many other supplements and over-the-counter medicines that work by targeting a single receptor or enzyme).

Both of these supplements are well researched and findings are positive for anti-inflammation effects.

If you decide to give this combo a try - note that this isn't a quick fix. It takes time for inflammation that's already present to be processed and excreted by your body. Most people can expect to see and feel results in about 7 days with consistent use.

And as always, check with your doctor to make sure that these supplements are a safe alternative for you. When shopping, look for Turmeric Phytosome Curcumin and AKBA Boswellia.

*Reference: "Efficacy and safety of curcumin and its combination with boswellic acid in osteoarthritis: a comparative, randomized, double-blind, placebo-controlled study"; Armine Haroyan, Vahan Mukuchyan, [...], and Areg Hovhannisyan BMC Complement Altern Med. 2018; 18: 7. Published online 2018 Jan 9.*

